DEPARTMENT OF PUBLIC HEALTH COUNTY OF SAN BERNARDINO

OFFICE OF PUBLIC HEALTH ADMINISTRATION
351 North Mountain View Avenue, Third Floor ◆ San Bernardino, CA 92415-0010
(909) 387-9146 ◆ Fax (909) 387-6228

FOR IMMEDIATE RELEASE

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TRUDY RAYMUNDO Public Health Director

MAXWELL OHIKHUARE, M.D. Health Officer

CONTACT: Maxwell Ohikhuare, MD

Health Officer

(909) 387-6218

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Two human cases of West Nile Virus (WNV) have been confirmed in the County of San Bernardino. These are the first confirmed human cases within the County this year. At this time last year, the County had a total of three confirmed cases and one death due to the WNV. As of August 13, 2014, the California Department of Public Health has confirmed a total of 57 human cases and two deaths within the state due to WNV infection.

First Human Cases of West Nile Virus in the County of San Bernardino

"We strongly encourage the public to be aware of the WNV activity in your area and take action to protect yourself and your family by taking appropriate precautionary measures," said Maxwell Ohikhuare, M.D., County of San Bernardino Health Officer. "People over 50 years old should be especially cautious, as they are more likely to develop serious illness if they contract WNV."

WNV is transmitted to humans through the bite of an infected mosquito. Signs and symptoms of WNV may include fever, body aches, rash, nausea, vomiting and headache. Most people infected with the virus have no symptoms. However, some people may develop severe symptoms which can lead to brain inflammation or paralysis. The most effective way to avoid WNV infection is to prevent mosquito bites.

County of San Bernardino citizens can protect themselves from mosquito bites by taking the following precautions:

- DAWN and DUSK Avoid spending time outside when mosquitoes are most active.
- DRESS Wear shoes, socks, long pants and long-sleeved shirts that are loose fitting and light colored.
- **DRAIN** Remove or drain all standing water around your property where mosquitoes lay eggs (birdbaths, ponds, old tires, buckets, clogged gutters or puddles from leaky sprinklers).
- **DEET** Apply insect repellent containing DEET. When using DEET, be sure to read and follow the label instructions.
- **DOORS** Make sure doors and windows have tight-fitting screens. Repair or replace screens that have tears or holes to prevent mosquitoes from entering the home.

The public can participate in the WNV surveillance program by reporting dead birds to the State WNV toll-free hotline at (877) WNV - BIRD (968-2473) or at www.westnile.ca.gov.

For more information on WNV, visit the Mosquito and Vector Control Program at www.sbcounty.gov/dehs, or call the Communicable Disease Section (CDS) at 1 (800) 722-4794. Continuous health information on WNV and other health topics can be found on the CDS Facebook page at http://www.facebook/CommunicableDiseaseSection.

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